



Launching Your Dream E-Course
Lesson # 4

**Quality
Check**

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The Science of Business Success

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Forward

This is one of my favorite lessons, because I know that it is something that happens for me and for each person that I work with. We each get in our own way at times. It doesn't mean we aren't successful or doing great things. It means that we each carry stories with us that at times interfere in our ability to do what it is we really want. We have to spend time listening deeply and then healing those stories.

This lesson can feel hard at points while you do some of the work. It's ok. The work is good work.

Donna

Please Note:

Each lesson will arrive via email with a link to the special download page. Each lesson will be approximately 4-5 pages. It's what you do with the lesson that makes it valuable to you. Don't just read the lesson, print it and take action.

Lesson #4

Welcome to class 4 of Launching Your Dream E-Course --

You are on your way, creating your dream. Keep moving on the journey. Today we look at the qualities that it takes to create the life you want. What are the qualities that you need to have in order to stay on track, to keep moving on this journey?

Some of the qualities that you can look at are:

- persistence
- commitment
- quality
- service

- honesty
- risk
- courage
- perseverance
- fitness
- intelligence
- knowledge

Think of some additional ones. Since each of our dreams are different I'm sure I don't have it all covered here?

When you look at the qualities that you need in order to achieve your dream, how do you rate? If you were to rate yourself on a scale of 1-5, 1= "I am totally there"; 3= "I'm not quite there"; 5= "I have a long way to go".

Knowing where you are gives you good information. Sometimes the things we need to work on our own selves. The ways we get in our own way and prevent what we truly desire from happening. For example if you are a procrastinator, you stop yourself from taking the action steps you need to take to make things happen. Being aware of this is a great first step to making changes. Identifying the types of actions you can take is another great step. Are there steps that you could take that you won't procrastinate on? What are the reasons for your procrastination? We're actually going to spend quite a bit of time talking about how to get out of your own way in a future class. This is the beginning.

Let's look at another example: You've started working on this dream over and over, and then you come up against an obstacle and you change your course and give it up. This might be your level of commitment. Are you committed to achieving the dream? What is your level of commitment? This can be challenging, especially when you are taking a risk to accomplish something new. It can be scary, to move into new territory. I have found that commitment is one of the keys for me in accomplishing what I set out to. When my commitment waivers I tend to not achieve what I want.

Once you've done a self check on the qualities that you need, what are the actions you can take to make changes.

Some suggestions are:

- write down the values or qualities that you need to have
- post them where you can see them to remind yourself about the things that you need.

For me they are: risk, courage, commitment and trust. I use these to remind myself that I have to be totally committed to my goals, I trust my intuition and myself, I have to courage to continue on the journey and I have taken risks to do it all.

- journal- use a journal to write about each of the qualities, where you are, where you want to be and the feelings that you have as you write. Tap into your inner wisdom.

Listen to yourself deeply.

- do a daily check or a weekly check-in with yourself. How did you do? What did you do well and what can you do to build on that? Make some notes for yourself and build on them tomorrow and over the next week. Keep repeating your weekly check-in and building on your success.

Each step that you work on keeps you moving along your path to living your dream. As we move forward we will talk more about how our own beliefs and inner dialogue can get in our way. Looking at and evaluating your own personal qualities is a first step in this process of heightened awareness and responsibility. Taking action moves you step by step on the journey.

Action List:

1. Identify the values or qualities you need and those that you have
2. Rate yourself on each quality – where are you at—what do you need to work on?
3. Create an action plan for building your qualities
4. Keep checking in with yourself on your actions
5. Read your vision each day

My Action Plan:

You are taking great steps to create your dream. Remember that small consistent actions keep the dream moving forward. Thanks for participating in the Launching Your Dream E-Course. I look forward to our next lesson.

All the best,

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